

Harvest San Luis K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Breakfast Entrée - Cheesy Egg Breakfast Burrito - Cinnamon Toast Crunch Cereal w/ Graham Crackers - Trix Cereal w/ Graham Crackers - Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate - String Cheese Fruit - Fresh Orange 100% Apple Juice Milk 1% Low Fat White Milk Local - Fat Free Chocolate Milk Local Lunch Entrée - Mini Cheese Quesadillas - Scratch-Made Cheesy Chicken Flour Tacos - Sunbutter & Jelly Sandwich w/ String Cheese Vegetables - Fresh Lettuce & Spinach Mix - Fresh Baby Carrots - Fresh-Cut Cucumber Slices - Fresh Salsa - Fresh Broccoli Florets - Seasoned Mexican Black Beans Fruit - Sweet Diced Peaches - Fresh Orange Milk 1% Low Fat White Milk Local - Fat Free Chocolate Milk Local Misc - Creamy Ranch Dressing	Breakfast Entrée - Turkey Sausage Breakfast Pizza - Cinnamon Toast Crunch Cereal w/ Graham Crackers - Trix Cereal w/ Graham Crackers - Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate - String Cheese Fruit - Fresh Apple 100% Orange Juice Milk 1% Low Fat White Milk Local - Fat Free Chocolate Milk Local Lunch Entrée - Mighty Chickpea Marinara w/ Rotini - Chicken Nuggets w/Roll - Vegetarian Chik'n Nuggets w/Roll - Turkey & Cheese Wrap Vegetables - Fresh Lettuce & Spinach Mix - Fresh Baby Carrots - Fresh Broccoli Florets - Fresh-Cut Cucumber Slices - Buttery Steamed Corn Fruit - Fresh Apple - Sweet Diced Peaches Milk 1% Low Fat White Milk Local - Fat Free Chocolate Milk Local Misc - Ketchup Packet - Mustard Packet - Creamy Ranch Dressing	Breakfast Entrée - Huevos Rancheros - Cinnamon Toast Crunch Cereal w/ Graham Crackers - Trix Cereal w/ Graham Crackers - Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate - String Cheese Fruit - Fresh Orange 100% Apple Juice Milk 1% Low Fat White Milk Local - Fat Free Chocolate Milk Local Lunch Entrée - Hot Dog (Pork-Free) - Classic Hamburger - Crispy Popcorn Chicken Salad w/Croutons Vegetables - Fresh Lettuce & Spinach Mix - Fresh Baby Carrots - Fresh Celery Sticks - Fresh-Cut Cucumber Slices - Zingy Crinkle Fries Fruit - Fresh Orange - Unsweetened Applesauce Milk 1% Low Fat White Milk Local - Fat Free Chocolate Milk Local Misc - Ketchup Packet - Mustard Packet - Creamy Ranch Dressing	Breakfast Entrée - Trix Berry Yogurt Parfait - Cinnamon Toast Crunch Cereal w/ Graham Crackers - Trix Cereal w/ Graham Crackers - Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate - String Cheese Fruit - Fresh Apple 100% Fruit Punch Juice Milk 1% Low Fat White Milk Local - Fat Free Chocolate Milk Local Lunch Entrée - Delicious Cheese Pizza - Buffalo Ranch Chicken Pizza - Turkey Ham & Cheese Wrap Vegetables - Fresh Lettuce & Spinach Mix - Fresh Baby Carrots - Fresh Cucumber with Zesty Lemon & Chili - Fresh Broccoli Florets - Italian Veggie Blend Fruit - Diced Pears - Fresh Apple Milk 1% Low Fat White Milk Local - Fat Free Chocolate Milk Local Misc - Creamy Ranch Dressing - Mustard Packet - Ketchup Packet

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Breakfast Entrée • Fluffy Jumbo Waffles w/ Turkey Sausage • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • 100% Fruit Punch Juice • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Maple Syrup Cup Lunch Entrée • Two Cheese Grilled Cheese Sandwich • Orange Chicken w/ Brown Rice • Turkey Ham & Cheese Salad Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Broccoli Florets • Fresh-Cut Cucumber Slices • Spiced Green Beans Fruit • Sweet Diced Peaches • Fresh Orange Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Packet • Creamy Ranch Dressing	Breakfast Entrée • Fluffy Scrambled Egg Chorizo w/ Flour Tortilla • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • Fresh Orange • 100% Apple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Ground Beef Soft Flour Tacos • Homemade Bean & Cheese Burrito • Fresh Turkey & Cheese Sub Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Cucumber with Zesty Lemon & Chili • Fresh Tomato Wedges • Fresh Broccoli Florets • Mexican Pinto Beans Fruit • Unsweetened Applesauce • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Mustard Packet • Creamy Ranch Dressing	Breakfast Entrée • Pineapple Mango Smoothie w/Graham Crackers • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • Fresh Apple • Fresh Orange Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Spaghetti Marinara w/Meatballs • Crispy Chicken Patty Sandwich • Veggie Ranch Wrap Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh-Cut Cucumber Slices • Fresh Broccoli Florets • Spiced Green Beans Fruit • Juicy Pineapple Tidbits • Fresh Apple Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Packet • Mustard Packet • Creamy Ranch Dressing	Breakfast Entrée • Colby Cheese Omelet w/ Toast • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • Fresh Orange • 100% Apple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Brunch 4 Lunch - Eggs, Pancakes & Sausage • Brunch 4 Lunch- Scrambled Eggs w/Pancakes • Sunbutter & Jelly Sandwich w/ String Cheese Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Broccoli Florets • Fresh Tomato Wedges • Fresh-Cut Cucumber Slices • Crispy Tater Tots Fruit • Cinnamon Spiced Apples • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Creamy Ranch Dressing • Ketchup Packet • Maple Syrup Cup	Breakfast Entrée • Turkey Sausage, Egg & Cheese Big Bite Sandwich • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • Fresh Apple • 100% Fruit Punch Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Delicious Cheese Pizza • Classic Turkey Pepperoni Pizza • Deli Turkey Ham & Cheese Sliders Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Celery Sticks • Fresh Broccoli Florets • Zingy Crinkle Fries Fruit • Diced Pears • Fresh Orange Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Packet • Mustard Packet • Creamy Ranch Dressing

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Breakfast Entrée

- Potato, Egg & Cheese Quesadilla
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Cheerios Cereal w/ Graham Crackers

Fruit

- 100% Fruit Punch Juice
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Creamy Macaroni & Cheese
- Popcorn Chicken
- Turkey & Cheese Sandwich

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Broccoli Florets
- Fresh-Cut Cucumber Slices
- Spiced Green Beans

Fruit

- Fresh Apple
- Mandarin Oranges

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Packet
- Mustard Packet
- Creamy Ranch Dressing

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Breakfast Entrée

- Pineapple Parfait w/ Granola
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Cheerios Cereal w/ Graham Crackers

Meat/Meat Alternate

- String Cheese

Fruit

- Fresh Orange
- 100% Apple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Green Pork Pozole w/Tortilla Chips
- Mozzarella Cheese Quesadilla
- Elvis Wrap w/ String Cheese

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Salsa
- Fresh-Cut Cucumber Slices
- Fresh Baby Carrots
- Fresh Broccoli Florets
- Classic Refried Beans

Fruit

- Diced Pears
- Fresh Orange

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Creamy Ranch Dressing
- Ketchup Packet

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Breakfast Entrée

- Egg, Bacon & Cheese Bagel Sandwich
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Cheerios Cereal w/ Graham Crackers

Meat/Meat Alternate

- String Cheese

Fruit

- Fresh Apple
- 100% Orange Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Spaghetti Marinara w/ Chicken & Breadstick
- Chicken Nuggets w/Onion Rings
- Vegetarian Chik'n Nuggets w/Onion Rings
- Crispy Chicken Patty Sandwich

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Broccoli Florets
- Fresh-Cut Cucumber Slices
- Italian Veggie Blend

Fruit

- Sweet Diced Peaches
- Fresh Apple

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Packet
- Mustard Packet
- Creamy Ranch Dressing

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Breakfast Entrée

- Homemade Pancakes
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Cheerios Cereal w/ Graham Crackers

Meat/Meat Alternate

- Juicy Sausage Patty
- String Cheese

Fruit

- Fresh Orange
- 100% Apple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Mini Chicken Corndogs
- Grilled Cheeseburger
- Pepperoni Pizza Power Pack

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Broccoli Florets
- Parmesan & Garlic Tater Tots

Fruit

- Fresh Orange
- Unsweetened Applesauce

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Packet
- Mustard Packet
- Creamy Ranch Dressing

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Breakfast Entrée

- Turkey Ham, Egg & Cheese Breakfast Burrito
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Cheerios Cereal w/ Graham Crackers

Meat/Meat Alternate

- String Cheese

Fruit

- Fresh Apple
- 100% Fruit Punch Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Delicious Cheese Pizza
- Meatball Pizza
- Fresh Turkey Ham & Cheese Sub

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Broccoli Florets
- Peppered Broccoli Florets

Fruit

- Fresh Apple
- Sweet Mixed Fruit

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Mustard Packet
- Creamy Ranch Dressing
- Ketchup Packet

21 Breakfast Entrée • Strawberry Smoothie • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • 100% Fruit Punch Juice • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Grilled Cheese Sandwich • Orange Chicken w/Spicy Chili Garlic Lo Mein • Turkey Ham & Cheese Sandwich Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh-Cut Cucumber Slices • Fresh Broccoli Florets • Spiced Green Beans Fruit • Juicy Pineapple Tidbits • Fresh Orange Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Packet • Mustard Packet • Creamy Ranch Dressing	22 Breakfast Entrée • Early Riser Stuffed Hash Brown • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • Fresh Orange • 100% Apple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Ground Beef Soft Flour Tacos • Classic Hamburger • Vegetarian Garden Salad Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Cucumber with Zesty Lemon & Chili • Fresh Broccoli Florets • Cheesy Refried Beans Fruit • Cinnamon Applesauce • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Packet • Mustard Packet • Creamy Ranch Dressing	23 Breakfast Entrée • Cheesy Scrambled Eggs w/Tater Tots • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • Fresh Apple • 100% Orange Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Cheese Stuffed Breadsticks w/Marinara • BBQ Diced Chicken Sandwich • Crispy Popcorn Chicken Ranch Wrap Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Broccoli Florets • Fresh Celery Sticks • Peppered Broccoli Florets Fruit • Diced Pears • Fresh Apple Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Creamy Ranch Dressing • Ketchup Packet • Mustard Packet	24 Breakfast Entrée • Breakfast on a Stick w/ String Cheese • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • Fresh Orange • 100% Apple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Popcorn Chicken Potato Bowl w/Roll • Golden Chicken Corn Dog • Chicken Caesar Salad w/Crackers Vegetables • Fresh Lettuce & Spinach Mix • Fresh-Cut Cucumber Slices • Fresh Baby Carrots • Fresh Broccoli Florets • Spiced Green Beans Fruit • Cinnamon Spiced Apples • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Packet • Mustard Packet • Creamy Ranch Dressing • Savory Chicken Gravy	25 Breakfast Entrée • Country Breakfast Bowl w/ Toast • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Trix Cereal w/ Graham Crackers • Cheerios Cereal w/ Graham Crackers Meat/Meat Alternate • String Cheese Fruit • Fresh Apple • 100% Fruit Punch Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Delicious Cheese Pizza • Turkey Bacon Ranch Pizza • Sun Butter & Grape Jelly Sandwich Vegetables • Fresh Lettuce & Spinach Mix • Zingy Crinkle Fries • Fresh Baby Carrots • Fresh-Cut Cucumber Slices • Fresh Celery Sticks Fruit • Sweet Diced Peaches • Fresh Apple Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Packet • Creamy Ranch Dressing
28	29	30		

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